

Family and Consumer Sciences**Course: Nutrition and Foods****Course Code # 5609****_____ 1/2 Credit _____ 1* Credit****School Year _____****Term: ____ Fall ____ Spring****denotes competencies to be mastered for one credit*

Student: _____	Grade: _____
Teacher: _____	School: _____
Number of Competencies in Course: $\frac{1}{2}$ credit = 22, 1 credit = 33	
Number of Competencies Mastered: _____	
Percent of Competencies Mastered: _____	

Standard 1.0 Students will demonstrate leadership, citizenship, and teamwork skills required for success in the family, workplace, and global community.

Learning Expectations		Check the appropriate Mastery or Non-Mastery column	Mastery	Non-Mastery
1.1	Examine the components of FCCLA and the relationship to the Nutrition and Foods course of study.			
1.2	Assess factors involved in successful leadership skills, citizenship traits, and teamwork traits.			
1.3	Plan activities using the FCCLA Planning Process.			
1.4	Apply leadership, citizenship, and teamwork skills as an integral part of classroom activities.			

Standard 2.0 Students will analyze factors that influence nutrition and food practices in a multicultural society.

Learning Expectations		Check the appropriate Mastery or Non-Mastery column	Mastery	Non-Mastery
2.1	Evaluate the influence of social, psychological, and technological changes on nutrition and food practices.			
2.2	Analyze family food patterns for expression of family values and customs.			
2.3	Assess current health concerns related to nutrition and food.			
2.4	Compare factors affecting national and international food supply and distribution.*			
2.5	Evaluate food habits and meal patterns in terms of cultural influences.*			
2.6	Exhibit an awareness of the variety of food choices available in our multicultural society.*			

Standard 3.0 Students will demonstrate practices that meet the nutritional needs of individuals and families across the life span.

Learning Expectations		Check the appropriate Mastery or Non-Mastery column	Mastery	Non-Mastery
3.1	Apply basic principles of nutrition to promote healthy food choices.			
3.2	Determine the relationship of nutrition to individual and family health.			
3.3	Demonstrate the use of dietary guidelines in making wise food choices.			
3.4	Analyze nutritional adequacy of selected diets using available technology.			
3.5	Analyze the reliability of nutrition information.*			
3.6	Evaluate claims made for dietary supplements, diet aids, and diet fads.*			

Standard 4.0 Students will apply management principles in meeting nutritional needs.

Learning Expectations		Check the appropriate Mastery or Non-Mastery column	Mastery	Non-Mastery
4.1	Describe a variety of factors affecting consumer food purchases.			
4.2	Determine the effects of work space, tools, equipment, and technology on food preparation.			
4.3	Plan and evaluate individual and family meals.			
4.4	Analyze the influence of advertising on consumer buying.*			
4.5	Determine ways family members assuming multiple roles can apply food management skills.*			

Standard 5.0 Students will demonstrate safety and sanitation procedures when handling, preparing, storing, and serving food.

Learning Expectations		Check the appropriate Mastery or Non-Mastery column	Mastery	Non-Mastery
5.1	Identify potential safety and sanitation hazards in the kitchen.			
5.2	Determine health and wellness risk involved when safety and sanitation principles are not followed.			
5.3	Demonstrate safety and sanitation practices when handling, storing, preparing, and serving food.			

Standard 6.0 Students will demonstrate the ability to plan, prepare, and serve nutritious and appealing foods.

Learning Expectations		Check the appropriate Mastery or Non-Mastery column	Mastery	Non-Mastery
6.1	Demonstrate skills and procedures in applying principles of food preparation.			
6.2	Prepare nutritious food appropriate for individuals, families, and small groups.			
6.3	Practice etiquette, food presentation, and table service appropriate for specific situations.			
6.4	Research and compare ethnic and foreign foods.*			
6.5	Identify and compare methods of food preservation and food preservatives.*			

Standard 7.0 Students will explore opportunities and preparation requirements for careers in nutrition and food industries.

Learning Expectations		Check the appropriate Mastery or Non-Mastery column	Mastery	Non-Mastery
7.1	Evaluate jobs and preparation requirements for careers in nutrition and food industries.			
7.2	Assess personal qualifications, interests, values, and educational preparation necessary for employment in a career in nutrition and food industries.			
7.3	Evaluate job market opportunities locally and otherwise.*			
7.4	Compare personal goals to career opportunities within food areas.*			

Additional comments: _____

